OCTOBER IS APPOMATTOX COUNTY RESCUE SQUAD MONTH

Goal $15,000

Heart Monitoring Equipment — To Better Serve

One of Three Ambulances - Ready To Serve

"You Help Us - We'll Help You"

Make Your Contribution To Any Member Of The Appomattox County Rescue Squad

Jimmy Rogers
Pete Doss
Grover Beasley, Jr.
Bill Noble
Jane Pack
Toby Inge

Andy Scruggs
Newton Tolley
Virginia Franklin
Beck Hudson
Harry Ferguson, Jr.

Gordon Staples
Nellie Almond
Doug Seamster
Lynn Lucado
"Dink" Lucado

Dale Franklin
Ray Noble
Pat O'Brien Noble
Abner Scruggs
Richard Bartelt
Mike Weiss

Mail Check To Appomattox County Rescue Squad, Fund Drive, Box 57, Appomattox, VA 24522

OR DONATE AT ONE OF THE FOLLOWING LOCATIONS:

Friday, October 5, 1979 5 P.M. to 9 P.M.

Wilbun's Super Market - Triangle Plaza Shopping Center

Saturday, October 6, 1979 8 A.M. to 9 P.M.

Wilbun's Super Market Triangle Plaza Shopping Center

Pamplin - 9 a.m. to 4 p.m.
Williams Store
Harvey's Market

Evergreen - 9 a.m. to 5 p.m.
Post Office

Oakville - 8 a.m. to 4 p.m.
Oakville Farm Supply
Wilkerson Store

Vera - 9 a.m. to 4 p.m.
Village Market

Red House - 9 a.m. to 4 p.m.
Marston Store

GIVE TO THE

APPOMATTOX COUNTY RESCUE SQUAD

"You Help Us - We'll Help You"

Good News For Homemakers

By Shirley W. Walton
Extension Agent

Living with Inflation, Living with Change

Stop, look, think and then spend may be the best motto for today's homemakers. Ladies, as consumers, the following are some inflation fighting ideas that you may want to try:

1. Pay obligations first. Be realistic about how much of your income can be spent, saved and shared.

2. Distinguish between needs and wants. Then purchase needs first and stay within your spending limits as far as the wants are concerned.

3. Substitute resources. Determine how you can use human energy, time and skills instead of money for some of the goods and services you want.

4. Study your spending habits and decide how you can reduce waste. Avoid buying larger quantities than you need. Avoid impulse buying and buying more or less quantity than you actually need.

5. Consider total cost of an item before you purchase. Total cost includes the price tag value, installation cost, if any, maintenance and upkeep costs and the cost of credit if you do not pay cash.

6. Plan ahead and save towards purchase of expensive goods and services, such as cars or vacation. Make large down payments of expensive goods to reduce the amount you borrow and the cost of credit.

7. Be cautious about borrowing. Debt commits further income and becomes an inflexible expense, like a mortgage or rental payment.

8. Recycle items for further use by family members or others. Establish an exchange or pass-along system of sharing with family, friends and neighbors. This is a good way to use those items you no longer can use or want. (If you want suggestions on recycling items, let our office know. We have some information on this.)

9. Keep track of the miscellaneous items you purchase. Ask yourself whether the money spent for these things might have been better used for something else.

10. Consider what you can do to cut transportation costs. If your family owns one or more automobiles, could you:
–Drive fewer miles at less speed?
–Do some simple maintenance and repairs at home?
–Maintain and keep it for a longer period of time?
–Reduce the insurance cost?
–Make a large down payment when replacement is needed?

11. Reduce insurance cost. Consider saving to meet common emergencies rather than insuring against them. Use group plans rather than private plans if possible. Take high deductibles. Pay premiums annually rather than monthly, quarterly or weekly, and check to make sure your coverage is adequate.

12. Practice the loss prevention approach to life. Look at the causes of illness, accidents, property damage, impulse buying, unsatisfactory choice of products and services, then decide how to change practices to reduce or control such losses.

13. Simplify your life style. Enjoy living with the basics. Become more creative in learning and practicing do-it-yourself skills and productive hobbies. Supply more of your recreation and use more public services, such as parks, libraries and schools.

Homemakers, each of us can do our part to help fight inflation. If you have a homemaking question or problem, please call or write the Appomattox County Extension Office. Our phone number is 352-8244 or write us at P. O. Box 488, Appomattox, Va. 24522.

Don't forget, I need your inflation fighting ideas to share with other homemakers through this column. Have a good week, homemakers!

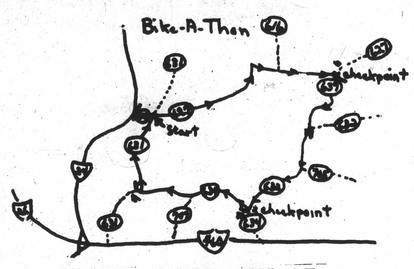
Recipe of the Week

Barbara Kay's Meat Loaf

1-½ lb. ground beef
1 cup bread crumbs
1 onion
1 egg
1½ tsp. salt
¼tsp. pepper
½ can tomato sauce (8oz. can) Mix all of the above; then mix ½ can tomato sauce in a sauce pan with ¾ cup water, 3 tablespoons vinegar, 3 tablespoons brown sugar, 2 tablespoons mustard, 2 teaspoons Worcestershire Sauce. Mix well, heat and pour over loaf; bake at 350° for 1 hour (or until done).

If you like more tomato flavor, you may use a 16 oz. can of tomato sauce without altering the consistency of the meat loaf.

Many thanks to Barbara Kay McLaughlin for sharing the delicious recipe. This is ideal for company or a church covered dish meal.



Route For Appomattox ACS Bike-A-Thon

Above is a map showing the route to be followed on Sunday, October 7th, when local riders will take part in the annual Bike-A-Thon for the Appomattox County Unit of the American Cancer Society.

The route is approximately ten miles long and the riders will "take-off" at 2 p.m. at the junction of Route 627 and Route 631. Two check-points will be set up along the way where cards can be stamped and riders will receive cold drinks and refreshments.

All safety factors have been taken into consideration - a police escort from the Appomattox County Sheriff's Department will lead the riders and the Appomattox County Rescue Squad will have a vehicle traveling with the cyclists along with members of the squad at the check-points. The Bike-A-Thon route will be marked and signs leading into the area will warn motorists of the ride in progress.

It is the firm desire of the Appomattox County Unit, American Cancer Society to make this another safe and sane ride - not a race.

Pamplin Eleme. School Menu

MONTH OF OCTOBER

Monday, Oct. 1, Turkey Roll w/ gravy, green beans, creamed potatoes, cake w/topping, Rolls, butter and milk.

Tuesday, Oct. 2, Spaghetti, tossed salad, potato chips, strawberry short cake, biscuits, butter and milk.

Wednesday, Oct. 3, Hot dogs on bun, pork beans, slaw, congo bars and milk.

Thursday, Oct. 4, Sausage, Fried Apples, Sliced tomatoes, buttered corn, biscuits and milk.

Friday, Oct. 5, Chicken salad, green peas, buttered whole potatoes, fruit, cookie, roll, butter and milk.

Monday, Oct. 8, Grilled cheese sandwich, turnip greens, sliced pineapple, potato chips and milk.

Tuesday, Oct. 9, Bologna, green beans, sliced tomatoes, chocolate cake, biscuits and milk.

Wednesday, Oct. 10, Turkey dressing, green peas, shipped potatoes, apple sauce, rolls, butter and milk.

Thursday, Oct. 11, Hamburgers, baked beans, slaw, fruit, cookie, and milk.

Friday, Oct. 12, Corn dogs, butterbeans, sliced beets, pears, cookie and milk.

National School Lunch Week

Monday, Oct. 15, Fish, French fries, celery sticks, cornbread, butter, sliced peaches and milk.

Tuesday, Oct. 16, Pizza, tossed salad, buttered corn, apple crisp and milk.

Wednesday, Oct. 17, Chili w/crackers, pineapple on lettuce, cheese, sliced bread and milk.

Thursday, Oct. 18, Turkey roll w/gravy, whipped potatoes, green lima beans, roll, butter and milk.

Friday, Oct. 19, Pork burgers, fried apples, green peas, buttered whole potatoes, biscuits and milk.

Monday, Oct. 22, Chuck-wagon steak, french fries, sliced tomatoes and onions, fruit, cookie and milk.

Tuesday, Oct. 23, Fish, macaroni and cheese, slaw, jello, cookie, rolls and milk.

Wednesday, Oct. 24, Corn Dogs, pork and beans, tossed salad, cake w/topping and milk.

Thursday, Oct. 25, Chicken Noodle Soup, peanut butter and jelly sandwith, celery stock, fruit and milk.

Friday, Oct. 26, Pizza, green beans, pears, cookie, potato chips and milk.

Monday, Oct. 29, Pork burgers, baked beans, apple sauce, cookie, biscuits and milk.

Tuesday, Oct. 30, Turkey, buttered corn, green peas, rolls, butter and milk.

Wednesday, Oct. 31, Chuck-wagon, green beans, whipped potatoes, fruit w/jello, rolls and milk.

Thursday, Nov. 1, Hot dogs, french fries, slaw, fruit cocktail and milk.

Friday, Nov. 2, Tomato soup, cheese sandwich, potato chips, orange slices and milk.

Special
for service station owners
If you own a service station. Nationwide has a tailor-made insurance package for you and your business!
It provides more coverage for less cost than ever before offered by Nationwide. Not only standard fire and liability coverage—but eight other vital coverages as well. Call a Nationwide agent for all the details.

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Theresa Watts Assigned To Keesler Air Force Base

Airman Theresa L. Watts, daughter of Alice L. Watts of Appomattox, Va., has been assigned to Keesler Air Force Base, Miss., after completing Air Force basic training.

During the six weeks at Lackland Air Force Base, here, the airman studied the Air Force mission, organization and customs and received special training in human relations.

In addition, airmen who complete basic training earn credits towards an associate degree in applied science through the Community College of the Air Force.

The airman will now receive specialized instruction in the administration field.

Airman Watts is a 1979 graduate of Appomattox County High School.

Reginald Hamlett Assigned To Keesler Air Force Base

Airman Reginald L. Hamlett, son of Thelma Hamlett of Appomattox, Va., has been assigned to Keesler Air Force Base, Miss., after completing Air Force basic training.

During the six weeks at Lackland Air Force Base, here, the airman studied the Air Force mission, organization and customs and received special training in human relations.

In addition, airmen who complete basic training earn credits towards an associate degree in applied science through the Community College of the Air Force.

The airman will now receive specialized instruction in the administration field.

Airman Hamlett is a 1979 graduate of Appomattox County High School.

Mrs. Oliver's 4-H Club

Mrs. Oliver's 6th grade class had their first 4-H meeting, Thursday, September 20th. We talked about the fair exhibits and the bike-a-thon. We also elected officers. The president is, Russel Walton, Vice President, David Short, Secretary, Lisa Doss, Reporter, Traci Paulette, Recreation Leaders, Rhonda Morgan and Shawn Moore.

Traci Paulette, Reporter

Va. Fibre Reports Weekly Wood Purchases

Listed below is the total dollar volume of wood purchased by Virginia Fibre Corporation of Riverville for the week ending September 23, 1979. Purchases are listed by counties.

Albermarle	8,481.71
Amelia	3,492.05
Amherst	8,774.91
Appomattox	11,884.22
Augusta	867.35
Bedford County	3,583.50
Buckingham	25,619.88
Campbell	6,810.78
Charlotte	10,077.27
Cumberland	14,931.95
	2,398.97
Fluvanna	514.71
Franklin County	597.64
Goochland	396.10
Halifax	2,194.22
Madison	361.77
Nelson	20,534.02
Pittsylvania	700.80
Powhatan	4,624.59
Prince Edward	12,162.09
Prince William	878.31
Rockbridge	1,673.96
	141,566.80

We feel this information is of interest to our readers in Appomattox County as well as in adjoining counties.

Get Results! Use The Times-Virginian Classified Ads

Sale
Wallpaper & Fabrics by Thomas Strahan & May Fair
30% OFF
Effective Sept. 26 thru Oct. 25
The Carpet House
Triangle Plaza Shopping Center
Appomattox, Va. 352-8521

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PRESCRIBES GLASSES AND YOUR
REGISTERED OPTICIAN
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Fills Your Prescription, You Also Get The Guidance Of a
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No Wonder So Many Have Said
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COMPLETE SERVICE
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Lynchburg, Va. 24504

A.J. SKATEWORLD
WELCOME TO OUR WORLD
352-2270
ROUTE 24 — APPOMATTOX, VA.

NEW Schedule
Sunday- 7:00 P.M. to 10:00 P.M.
Monday— PRIVATE PARTIES
Tuesday— PRIVATE PARTIES
Wednesday— Fun Night
7:00 P.M. to 10:00 P.M.
Thursday— 7 P.M. to 10:00 P.M.
Friday— 7 P.M. to 10:00 P.M.
9 P.M. to 12:00 P.M.
Saturday—
7 P.M. to 10:00 P.M.—9 P.M. to 12:00 P.M.
ASK ABOUT OUR ALL-SKATE CLUB

ANNOUNCING - - -
FOR YOUR BANKING CONVENIENCE
NEW
DRIVE-IN WINDOW
HOURS
AT
FIDELITY AMERICAN BANK
HILLCREST BRANCH
EFFECTIVE OCTOBER 1, 1979
OPEN 9 A.M. TO 2 P.M. AND 3 P.M. TO 5 P.M.
MONDAY THRU THURSDAY
AND
FRIDAY—9 A.M. TO 2 P.M.
AND 3 P.M. TO 6 P.M.